



KOTA DAMANSARA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					BOXING (BEGINNERS ONLY) COACH PIOTR LEIB 09:00 - 10:00 (*4)	
					MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 10:00 - 11:30 (*5)	
					BOXING (ADVANCED) COACH PIOTR LEIB 11:30 - 1:00 (*4)	BOXING (BEGINNERS ONLY) COACH PIOTR LEIB 10:30 - 11:30
					KIDS BRAZILIAN JIU-JITSU (4 - 8 YEARS OLD) PROF MARCELO JUNIOR 1:00 - 2:00	KIDS BOXING (4 - 13 YEARS OLD) COACH PIOTR LEIB 11:30 - 12:30
					KIDS BRAZILIAN JIU-JITSU (9 - 13 YEARS OLD) PROF MARCELO JUNIOR 2:00 - 3:00	
KIDS MUAY THAI / KICKBOXING (4 - 13 YEARS OLD) KRU MARCELO JUNIOR 4:30 - 5:30	KIDS BRAZILIAN JIU-JITSU (4 - 9 YEARS OLD) PROF MARCELO JUNIOR 4:30 - 5:30	KIDS MUAY THAI / KICKBOXING (4 - 13 YEARS OLD) KRU MARCELO JUNIOR 4:30 - 5:30	KIDS BRAZILIAN JIU-JITSU (4 - 9 YEARS OLD) PROF MARCELO JUNIOR 4:30 - 5:30	KIDS BOXING (4 - 13 YEARS OLD) COACH PIOTR LEIB 4:30 - 5:30	NO-GI PROF MARCELO JUNIOR 3:00 - 4:30 (*6)	
	BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (*2) (10 - 18 YEARS OLD) PROF MARCELO JUNIOR 5:30 - 6:30	KIDS BRAZILIAN JIU-JITSU (4 - 13 YEARS OLD) PROF MARCELO JUNIOR 5:30 - 6:30	BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (*2) (10 - 18 YEARS OLD) PROF MARCELO JUNIOR 5:30 - 6:30		BRAZILIAN JIU-JITSU (BEGINNERS ONLY) PROF MARCELO JUNIOR 4:30 - 5:30 (*2)	
BOXING (ADVANCED) COACH PIOTR LEIB 7:00 - 8:30 (*4)	MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 6:30 - 7:45 (*5)	MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 6:45 - 8:00 (*5)	BOXING COACH PIOTR LEIB 6:30 - 8:00 (*4)	BOXING COACH PIOTR LEIB 6:30 - 8:00 (*4)		
BOXING (BEGINNERS ONLY) COACH PIOTR LEIB 8:30 - 9:30 (*4)	BRAZILIAN JIU-JITSU PROF MARCELO JUNIOR 8:00 - 9:30 (*2)	BRAZILIAN JIU-JITSU PROF MARCELO JUNIOR 8:00 - 9:30 (*2)	BRAZILIAN JIU-JITSU PROF MARCELO JUNIOR 8:00 - 9:30 (*2)	MUAY THAI / KICKBOXING COACH WILLIAM HILL 8:00 - 9:30 (*5)		

(*1) Only for graded students one stripe white belt & above.

(*2) BJJ: Mandatory clean BJJ GI). Mouth Guard highly recommended.

(*3) BJJ mandatory attire (*2) + clean short/long sleeve rash guard under the GI.

(*4) Boxing: Mandatory Boxing gloves, Hand Wraps & Mouth Guard.

Boxing or Wrestling Shoes highly recommended.

(*5) Muay Thai: Mandatory Boxing gloves, Hand Wraps, Mouth Guard, Shin Guards & Muay Thai shorts.

(*6) NO-GI: Mandatory Rash guard/Tight T-shirt, Shorts with no pocket, Mouth Guard.

Sleeveless Top Strictly NOT ALLOWED.

(*7) Wrestling: mandatory NO GI attire (*6) + Wrestling Shoes highly Recommended.

(*8) All MMA classes: mandatory NO GI attire (*6) + mandatory MMA Gloves, Hand Wraps, Boxing Gloves, shin guards & Mouth Guard.

(*9) Strictly for day 1 beginners only.